

## CLAIMS

What is claimed is:

Sub a 17 1. A treadmill comprising:  
support structure having feet means for positioning on a support surface and having  
upright structure extending upwardly from said feet means;  
a tread base having a frame that includes a front, a rear, a left side, a right side and  
5 an endless belt positioned between said left side and said right side, said frame  
being connected to said support structure to be movable between a first  
position in which said endless belt is positioned for operation by a user  
positioned thereon and a second position in which said rear of said frame is  
positioned toward said support structure; and  
10 lift means interconnected between said support structure and said tread base to urge  
said tread base from said first position to said second position.

15 2. The treadmill of claim 1, wherein said lift means is a gas cylinder  
which continuously urges the tread base from said first position toward said second  
position.

3. The treadmill of claim 2, wherein said gas cylinder is attached to one  
of said left side and said right side at one end of the gas cylinder.

20 4. The treadmill of claim 3, wherein said upright structure has a left  
upright and a right upright with said tread base positioned thereinbetween, and  
wherein the other end of said gas cylinder is attached to the respective left upright and  
right upright.

25 5. The treadmill of claim 4, wherein said tread base rotates about an axis  
between said first position and said second position, and wherein said gas cylinder is  
attached to one of said left side and said right side between said axis and said rear.

6. The treadmill of claim 5, wherein the gas cylinder exerts a torque selected to be less than the torque of the gravitational force of the tread base.

<sup>8</sup>  
a ~~7.~~ <sup>7-13</sup> The treadmill of claim ~~6~~, wherein in said second position said tread base is positioned proximate said left upright and said right upright.

<sup>8</sup>  
9 ~~8.~~ The treadmill of claim ~~7~~, wherein said tread base is rotatably connected to and between said left upright and said right upright.

<sup>8</sup>  
10 <sup>10</sup> ~~9.~~ The treadmill of claim ~~7~~, further including rear feet means positioned proximate the rear of said tread base to support said tread base on a support surface.

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